Stay HEALTHY
Feel BETTER

1. Walk or get other exercise at least 30 minutes a day.
2. Eat at least five servings of fruits and vegetables a day.
3. Eat low-salt foods.
4. Don’t drink soda or other sweetened beverages. Avoid junk food.
5. If you have diabetes, take your medicine daily.
6. Don’t drink more than two drinks on one occasion.
7. If you have high blood pressure, take medicine to get it under control.
8. Don’t smoke.
9. If you’re over 50, get tested for colon cancer.
10. Use a condom.

Small changes make a BIG DIFFERENCE